



Acton Senior Bulletin

May 2012



The COA Office/Senior Center at 50 Audubon Drive is open weekdays 8am-5pm. Telephone number is 978-929-6652.

Please send all COA mail to: Acton COA, Town Hall, 472 Main St., Acton, MA 01720

Visit the COA website at www.acton-ma.gov. Go to Government, then down to Council on Aging.

Registration for all new classes/programs begins in person or by phone Monday, April 30th at 1:00.

The COA will be closed on Monday, May 28th for Memorial Day.

The Acton Council on Aging Honors Our Volunteers with a Dessert Reception at the Senior Center
Thursday, May 31st, 1:30-3:00

COA Board, Friends of the COA, AARP Tax Preparer, ABRHS Students and Counselors, Breakfast Crew, Computer Teachers, Dining Room Assistants, Elder Law Attorneys, Friendly Drivers, Friendly Visitors, Group Leaders, Handymen, Knitters, Crafters and Quilters, Librarians, Meals on Wheels Drivers, Newsletter Mailers, Office Receptionists, SHINE Counselor, Tai Chi Instructors, Gardeners

RSVP by Friday, May 25th at 978-929-6652



Haiku: The Art of Awareness

Thursdays, May 17th and 24th, 12:30-2:30

Haiku is a quiet, meditative poetry form that enhances our attention, awareness and appreciation of nature. Haiku originated in Japan and has become popular around the world. Learn the essentials of how to write good haiku, as well as how to select and read quality haiku. You will soon find haiku moments in everyday life and be able to write them in the length of one breath. During our first session you will take a “kigo” walk in nature (from the Senior Center) and talk about how this translates into haiku and will end the second session with a tea ceremony. Instructor Jeannie Martin, Ed.D., is a published haiku poet and teacher and member of the Boston Haiku Society and the Haiku Society of America. Participants will receive a complimentary copy of one of Jeannie’s haiku books.



► An Afternoon of Jazz with Bob Pilsbury

Thursday, May 10th, 1:00-2:00

Join us for a performance by Bob Pilsbury, pianist with the renowned New Black Eagle Jazz Band, for a solo concert of classic jazz, including swing, traditional jazz and Boogie Woogie. *If you are attending the Mother’s Day lunch preceding the concert, be sure to call the Dining Room at 263-5053 for a reservation.*

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Director's Corner: Unfortunately, the article to fund design plans for a new Senior Center did not pass at this year's Town Meeting. We will continue to make the best use of the space we have and ask for your patience as we try to accommodate various needs.

The COA Board is looking for a new member, as Barbara Tallone will be stepping down after years of dedicated service. If you are interested and would like more information, contact Barbara Willson at 978-263-0853. The Board meets the third Monday of each month at 3:45 in the Senior Center. These meetings are open to the public.

A copy of Acton COA's policy for Senior Center participation can be found on page 9. I think it is helpful to include this in our newsletter from time to time. As always, feel free to contact me if you have any questions. Thank you,
Sharon, COA Director

UPCOMING PROGRAM HIGHLIGHTS

FOR MAY.....REGISTRATION BEGINS MONDAY, APRIL 30th at 1:00

► Elder Law Presentation with Attorney Sheila B. Giglio

Tuesday, May 15th, 1:00-2:00

Attorneys who work with seniors appreciate complex financial and social realities and are able to address their clients' legal issues. They often work with accountants, financial planners and geriatric care managers to ensure a coordinated plan. Attorney Giglio will discuss "Taking Control of Your Future: A Legal Check Up," an update on changes in Elder Law and will answer questions. Co-sponsored by the MA Chap. of the Nat. Acad. of Elder Law Attys. Invite friends and family to make this a dynamic program.

► Tour of the Acton Memorial Library

Thursday, May 17th, 2:00-3:00

Director Marcia Rich will lead a senior group tour of the Acton Memorial Library on Main Street. Learn about the vast amount of resources available, such as audio books, Sony e-book readers, museum passes, DVDs, college-level lectures on audio CDs and DVDs, and databases. Meet in the library's first floor meeting room.

► Antiquing with Mary

Friday, May 25th, 12:30-2:30



Acton's own Mary Westcott is returning for an antiques appraisal day at the COA! Bring one item you would like to learn more about, including its approximate value. You may bring a photo if an item is too large to transport. No coins or jewelry, please. If you do not have an item to be appraised, come and expand your knowledge of antiques. A question and answer period will follow the appraisals. You don't want to miss this interesting, informative and fun program! If you are coming to the free Life Care luncheon preceding this program, please sign up for that separately.

Pay Your Town Taxes Online

Tuesday, May 29th, 1:00-1:30

Did you know that you can now pay your property and excise tax on line? Dave Schmidt and Brian McMullen from the Assessor's office will demonstrate the "cloud" online payment system and answer your questions.

► Long Term Care Insurance-101

Thursday, June 7th, 1:00-2:00

Have you wondered if buying Long Term Care insurance is the right decision for you? Learn more about the basics of LTCI - what is it (and what it isn't), what it covers and how much it costs. You'll leave understanding how benefits are paid, how your health affects eligibility, who the major Massachusetts insurers are, and whether or not it is something you should consider. Presenter Hans Hug is the owner of The LTC Insurance Group and is a regular speaker at Councils on Aging as well as a periodic columnist for newspapers and trade journals.

Free Eye Exams

Friday, June 8th, 9:30-11:30

D'Ambrosia Eye Care will offer free eye exams. No appointment necessary! Technicians will check vision and pressure for glaucoma, while optometrist Milly Mui will screen for cataracts and answer any eye health questions. Information and recommendations will be provided to take to your doctor.

► Indicates that you must register in advance!

Thank You

...to Paul Motyka for the many hours he worked on our seniors' tax returns. Your expertise is greatly appreciated.
...to the anonymous donor who supplied us with a generous donation of grocery gift cards for those in need.
...to the Natural Resources and Recreation Departments for providing a great pasta lunch complete with ice cream sundaes.
...to Barbara Tallone for her generous donation of a Wii for the Senior Center.



TRIPS



FOR MAY.....REGISTRATION BEGINS MONDAY, APRIL 30th at 1:00

► **Art in Bloom at the Fitchburg Art Museum**

Friday, May 4th, leave NARA Park Lower Lot at 12:15 (Trip is full. Call about the waitlist.)

Celebrate spring at the Fitchburg Art museum, which features floral arrangements inspired by the museum's paintings, sculpture and African fabrics. There is no café on site so either bring a bag lunch or eat before we leave.

Depart: 12:15 p.m. from NARA Lower Lot; Approximate return time: 3:30

Cost: \$15 due now, includes museum admission and van transportation

► **Berkshires Trip-Tour of Edith Wharton's Mansion "The Mount" & Lunch at the Red Lion Inn**

Wednesday, May 30th, leave NARA Park Lower Lot at 9:00 (Trip is full. Call about the waitlist.)

Please note that an error in last month's newsletter listed the wrong cost and payment due date.

We will start with lunch at the historic Red Lion Inn in Stockbridge. Then it's off to The Mount in Lenox for a guided tour of Edith Wharton's turn-of-the-century summer home. The three floors are accessible by stairs or elevator. After the tour, you will have time to explore the formal gardens on your own and visit the gift shop.

Depart: 9:00 a.m. from NARA Lower Lot; Approximate return time: 5:45

Cost: \$65 due by Tuesday, May 8th, includes house tour, lunch, bus transportation w/restroom and all gratuities.

► **Tour of Boston's Historic, Literary and Architectural Treasures**

Wednesday, June 13th, leave NARA Park Lower Lot at 10:00

Experience "Beantown" from the comfort of a coach bus with a narrated tour by professional tour guide Stephen Collins. Some of the sites included will be the USS Constitution, the Public Garden, the Rose Fitzgerald Kennedy Greenway, Beacon Hill, the State House, Zakim Bridge, Trinity Church, Faneuil Hall, and Copley Square. Many of you will remember Stephen from the Robert Frost trip, as well as his Shakespeare classes and performance.

After the approximately 90-minute tour, we will enjoy lunch on the waterfront at the No Name Restaurant which is famous for its seafood, but also offers beef and chicken entrees. Lunch will be an additional, individual cost.

Depart: 10:00 a.m. from NARA Park Lower Lot; Approximate return time 2:30

Cost: \$25 due by May 29th, includes tour, bus transportation w/restroom, driver tip. Lunch is an additional cost.

► **Tall Ships Viewing Cruise on Board the *Spirit of Boston***

Monday, July 2nd, leave NARA Park Lower Lot at 8:30



In commemoration of the 200th anniversary of the War of 1812, Navy ships and tall rig ships from across the world will be coming to Boston for a once in a lifetime spectacle! View these magnificent vessels from the elegant 600 passenger *Spirit of Boston*. The two-hour narrated cruise will include a plentiful buffet luncheon. It is a short walk from the bus to the ship docked at

Seaport Pier. After boarding the ship via a ramp, you may stay on the first level or take stairs to one of the other two enclosed decks or the patio deck. Both the bus and ship have restrooms on board. *Thank you to the Friends of the COA for defraying the costs of this trip to make it more affordable!*

Depart: 8:30 a.m. from NARA Park Lower Lot; Approximate return time 2:00

Cost: \$72 due by June 1st, includes cruise with lunch, coach bus transportation and driver tip.

COUNCIL ON AGING TRIP POLICIES:

1. Please call the COA office at 978-929-6652 to make trip reservations before sending in your check.
2. Payment is due as specified in each description. Refunds will only be issued if a trip is canceled by the COA, someone on the waiting list can take your spot or you find someone to go in your place.
3. Make checks out to: Friends of the Acton COA. Drop your check off at the office or mail to: COA, Town Hall, 472 Main Street, Acton, MA 01720. Make a separate check for each trip. Checks are cashed after the trip occurs.
4. **Parking for trips is at NARA Park in the Lower Lot, unless otherwise noted.** Take Main Street/Route 27 North, left on Ledge Rock Way and park in the lower lot near the bath houses/beach.
5. Call COA Director, Sharon Mercurio, 978-929-6652, for financial assistance from the Friends organization.
6. Always bring a copy of your FILE OF LIFE card with you on trips. New cards are available in the COA office.

► **Indicates that you must register in advance!**

DINING OPPORTUNITIES

FOR MAY.....REGISTRATION BEGINS MONDAY, APRIL 30th at 1:00

*****Please sign up in the COA office for the following meals:***

► **Inn at Robbins Brook Lunch**

Tuesday, May 15th, 11:45

Braised beef and vegetables over mashed potatoes will be served. A \$3 donation is requested. You must sign up for this meal in the COA office at least a week prior to the date.



► **Ice Cream Social provided by Girl Scout Troop #72037**

Thursday, May 17th, 12:30

Ice cream with all the fixings. Please call the COA office to make a reservation.

► **Monthly Breakfast with Talk on Beekeeping**

Friday, May 18th, 9:00-10:00

Join us for a warm, plentiful breakfast! Typically pancakes are served, but sometimes our chef, Veteran Services Officer James MacRae, will have a surprise in store. At 9:30, catch the buzz with local beekeeper Nancy Heselton. Bees have been producing honey from flowering plants for more than 20 million years, but how does it actually get to our table? Nancy will fill us in on the secret life of bees! Call the COA by Wednesday, May 16th for a breakfast reservation. Cost is \$2.00.

► **Town Employee Home Cooked Lunch**

Thursday, May 24th, 11:45

Your favorite Town department (us) will be preparing lunch! We will be serving chicken with broccoli and ziti, cucumber salad and dessert. A \$3 donation is requested.

► **Free Luncheon Provided by Life Care Center of Acton**

Friday, May 25th, 11:45

Join us for a free lunch provided by Life Care Center of Acton. As a local rehabilitation and long-term care facility, Life Care Center of Acton is pleased to connect with residents and deliver this meal to the Senior Center meal site. The menu is not known in advance, but it's always delicious! Call early as this lunch fills up fast.

*****Please sign up in the Dining Room with Joy for the following meals:***

► **Minuteman Lunches** are served weekdays at 11:45. Voluntary donation is \$2. To sign up call 978-263-5053 by 10:30 the day before. Lunch is free to those celebrating a birthday each month courtesy of the Friends of the COA.



Birthday Lunch: Wednesday, May 9th

Mother's Day Lunch: Thursday, May 10th

► **Indicates that you must register in advance!**

CLASSES

FOR MAY.....REGISTRATION BEGINS MONDAY, APRIL 30th at 1:00

► **Birthday Card Workshop**

Tuesday, May 22nd, 1:00-2:00

Lori Champine, owner of the store *Ink About It* in Westford, has volunteered to lead us in a birthday card workshop. Learn how to make beautiful birthday cards using rubber stamps and paper supplies. Participants will leave with three handmade cards. All supplies will be provided.



► **Indicates that you must register in advance!**

EXERCISE

► **Zumba® & Stretch Class with Instructor Yvonne Benelli**

Fridays, through June 29th, 10:00-10:45 (No class on June 1st and 22nd)

Join the party! Zumba® uses Latin-inspired music, rhythms and dance steps to create "exercise in disguise." This cardio-based workout is designed to tone and loosen the entire body. Floor work (extra stretching) is optional and done at the end of the class. Yvonne has adjusted the class in response to student needs by offering simpler movement options and adding a stretch segment. Exercise at your own pace and intensity levels. Bring an exercise mat if doing floor work. This class is funded by a grant from the Executive Office of Elder Affairs, which requires the COA to ask for donations--\$10 for the session is suggested.

► **"Stretch and Flex" with Terri Zaborowski**

Mondays, through June 11th, 8:30-9:30 (No class 5/28)

(Class is full. Call for waitlist.)

► **"Senior Cardio-Flex" with Terri Zaborowski**

Tuesdays and Thursdays, through June 14th, 8:30-9:30

(Class is full. Call for waitlist.)

or Wednesdays and Fridays, through June 15th, 8:30-9:30

(Class is full. Call for waitlist.)

► **"Senior Stretch, Flex, Tone and Cardio" with Terri Zaborowski**

Tuesdays and Thursdays, through June 14th, 9:45-10:45

(Class is full. Call for waitlist.)

► **Tai Chi for Beginners with Taoist Tai Chi Society Instructors**



Tuesdays, through June 12th, 11:00-12:00

This class is available to current participants or others with Taoist Tai Chi experience.

► **Continuing Level Tai Chi Class with Ray Caisse of the Taoist Tai Chi Society**



Thursdays, through June 14th, 11:00-12:00

This class is available to participants from the ongoing class or to others with Taoist Tai Chi experience.

► **Yoga Class with Patsy Brightman**

(Class is full. Call for waitlist.)

Wednesdays through June 27th, 10:45-12:00

► **Gentle Chair Exercises with Health and Wellness Coordinator Liz Jewell**

Wednesdays, through June 14th, 10:00-10:30, living room

Thursdays, June 15th, 11:00-11:30, dining room

(Thursday class is full. Call for waitlist.)

This low-impact program is best suited for people getting little or no physical activity.



► **Acton Striders Walking Group**

Mondays, April 30th, May 7th, 14th and 21st, 12:30-1:15 at the Center with Judy (No walk 5/28)

and/or Wednesdays, May 2nd, 9th, 16th, 23rd and 30th, 8:45-9:30 at NARA Park with Liz

Join us for a 1 or 2 mile energetic walk. If the weather is questionable call us to see if we're walking.

► Indicates that you must register in advance!

Important Medicare Reminder

You or your spouse must apply for Medicare A and B within 3 months of your 65th birthday. Failure to do this will result in a lifetime penalty of 10% for every year you did not sign up when you should have and a restrictive window of enrollment. Filing for Medicare only is fast and easy. Go to www.socialsecurity.gov and apply online in less than 10 minutes or call 1-800-772-1213 or make an appointment with your local office.



Durable Medical Equipment Available to Loan - The COA has a variety of items such as canes, walkers and tub benches to borrow. Call Mary Lou weekday afternoons (except Wednesdays) at 978-929-6652 and please allow a couple of days to gather the equipment.

ONGOING ACTIVITIES

FOR MAY.....REGISTRATION BEGINS MONDAY, APRIL 30th at 1:00

► **History of the Supreme Court with Gary Hylander**

Monday, May 7th, 1:00-2:00

The last of a three-part series. Midway through the Depression, the Supreme Court moved into its own building next to the Library of Congress. New Dealers were determined to try new ideas and apply new solutions to resolve the crisis of the Depression. Initially the Court responded cautiously to the boldness of New Dealers, and President Roosevelt embarked on a controversial “court-packing plan” to bring the Court in line with the New Deal.

NOTE: The *History of the Supreme Court* series by Dr. Gary Hylander is being recorded for people to watch at home. It will air on Acton Community Access Television later in May and the COA will also have a DVD of the series to loan. Check the TV listings in the *Beacon* or at www.actontv.org. Thank you to Charlie Aaronson for recording the lectures.

► **Ask the Lawyer**

Tuesday, May 22nd, 1:00–3:00

Elder Law Attorney Cathleen Summers will offer free 20-minute private legal consultations. Call the COA office at 978-929-6652 to schedule an appointment.

► **Watercolor Class with Sue Nordhausen**

Tuesdays, through May 8th, 1:30-3:00

► **Watercolor Studio Workshop with Cynthia Durost**

Wednesdays, through June 13th, 9:00-10:30 (Class is full. Call for waitlist.)

► **Veterans Services Appointments**

Tuesday, May 29th and every last Tuesday of each month, 12:00-1:45

Veteran Services Officer James MacRae is available at the Senior Center to discuss veteran's benefits. Call the COA at 978-929-6652 for an appointment. Home visits are also available by calling James at 978-929-6614.

► **Basic Drawing Class with Sue Funk**

Mondays through May 7th, 9:30-11:00

► **When the Heart Aches: Coping with Loss Support Group**

Fridays, 5/25, 6/22, 3:00-4:30

This group has already begun meeting. If you'd like more information, please call Liz at 978-929-6652.

Memoir/Non-Fiction Writing Group facilitated by Chris Chirokas

Monday, May 14th, 1:00-2:00 in the living room

Explore your life through writing - no experience necessary! Whether you are writing a memoir, your family history, a journal, or personal essays come read your work to the group to receive feedback or learn from listening to others. Each meeting also has a particular focus, such as getting organized or how to self-publish.

Genealogy Group

Friday, May 11th, 1:00-2:30

Come experience one of the most popular hobbies around! Whether you are new to genealogy or an experienced family history sleuth, come share your research, seek advice or simply share your passion with like-minded people.

“The Bookies”

Monday, May 21st, 1:00-2:00



Please call the COA office for the title of this month's book. Copies of the book will be available at the Memorial Library, usually including a large-print edition. This is the last meeting before the summer break, so don't miss it!

► **Indicates that you must register in advance!**

ONGOING ACTIVITIES – (continued)

FOR MAY.....REGISTRATION BEGINS MONDAY, APRIL 30th at 1:00

► SHINE (Serving the Health Information Needs of Elders)

Mondays, 1:30-3:30 (No appointments on 5/28)

For questions regarding health insurance or prescription coverage call the COA office 978-929-6652 for an appt.

Computer Club

Fridays, April 27th, and May 11th and 25th, 10:00-11:30

Wednesdays, May 2nd, 16th and 30th, 1:30-3:00

Meetings may be self-directed or they may have a leader depending on availability.

Chair Massage - Due to decreased demand, the COA is regretfully no longer offering chair massage. Many thanks to massage therapist Nancy Ames for the chair massages she has given to seniors at a discounted rate.

Please see the Monthly Calendar on page 11 for days and times of the following groups: Poker, Tile & Board Games, Drop-in Pool, Yarn & Thread Ladies (Crafting Group), Drop-in Bridge. Regularly occurring groups and drop-in activities are sometimes canceled due to space constraints. Call if you're unsure.

► Indicates that you must register in advance!

OUTREACH & SUPPORT SERVICES

We are available to help you find resources in the community to address many concerns related to aging. Call Bev, Outreach Coordinator, at 978-929-6652 for a confidential chat.

Handyman Program: Help for seniors with small repairs and simple household jobs.

Friendly Visitors: Volunteers visit seniors at home for about an hour each week. If you are interested in becoming a visitor or know someone who would enjoy visits, call Bev at the COA at 978-929-6652.

Food Pantries and Community Suppers: Call for a list of local area suppers and pantries. The **Acton Food Pantry** at 235 Summer Rd., Boxborough is open Wednesdays 10:00am-7:00pm except that it is closed on the 4th Wednesday of every month. Registration (ID and one bill with your name and address) required first visit.

Home Care Services: Please call the COA if you have questions on how to obtain home care services.

Minuteman Senior Services, our State Home Care, can be reached at 1-888-222-6171.

NSTAR Program for Low Income Customers: Low income customers have the opportunity to pay off their old arrearages for their gas and/or electric bills. For details call NSTAR at 1-866-315-2496.

SNAP - Supplemental Nutrition Assistance Program offers low-income seniors food assistance. Call Project Bread at 1-800-645-8333, M-F, 8:00-5:00 or visit www.mass.gov/dta.

Support Groups

Grief and Change - A support group for adults grieving the loss of a loved one. Call 978-264-4666 for info.

Wednesdays, 5/9, 6/6, 3:00-4:00, Inn at Robbins Brook with Rosalyn Mamluk, LCSW

When the Heart Aches: Coping with Loss Support Group

Fridays, 5/25, 6/22, 3:00-4:30, Acton Senior Center with Allene Riley Kussin, MA, LPC

This group has already begun meeting. If you'd like more information please call Liz at 978-929-6652.

Alzheimer's, Memory Loss and Dementia Care Givers Support Group

4th Wednesday of each month, 4:00-5:30, Inn at Robbins Brook with Eileen Lawson. Call 978-264-4666.

Volunteer Opportunities - The Council on Aging Board is looking for a new member, as Barbara Tallone will be stepping down after years of dedicated service. If you are interested and would like more information, contact Barbara Willson at 978-263-0853.



SENIOR CINEMA



Note: Due to the closing of local video stores, it may occasionally be necessary to make movie substitutions. You may call the office to confirm the selection on movie days.

Friday, April 27th, 12:30-2:10, “My Week with Marilyn,” (2011, R for language and partial nudity) – During the shooting of *The Prince and the Showgirl* in England, Marilyn Monroe struggles to work with, and for, Sir Laurence Olivier. Based on the memoir by Colin Clark, an assistant for Olivier’s production company. Stars Michelle Williams and Kenneth Branagh who both received Oscar nominations for their performances.

Friday, May 4th, 12:30-2:15, “Thurgood,” (2011, TV-14) – Laurence Fishburne recreates his Tony-nominated performance in a one-man show portraying civil rights leader and first African-American Supreme Court Justice Thurgood Marshall. This HBO drama received three Emmy nominations.

Friday, May 18th, 12:30-2:50, “The Age of Innocence,” (1993, PG) – Get ready for the trip to Edith Wharton’s mansion by watching this drama based on her novel. It tells the tale of 19th century New York high society in which a young lawyer falls in love with a woman separated from her husband, while he is engaged to the woman's cousin. Michelle Pfeiffer and Daniel Day-Lewis star; directed by Martin Scorsese.

Friday, June 1st, 12:30-2:15, “The Iron Lady,” (2011, PG-13) – Meryl Streep in her Oscar winning role as Prime Minister Margaret Thatcher as she looks back on her life after her husband’s death.

TRANSPORTATION

The COA encourages you to register with the LRTA Roadrunner van. Please call the LRTA at 1-800-589-5782 or visit www.lrta.com for an application or call the COA at 978-929-6652 and we can get one to you.

► Rides to Westford Market Basket

Thursday, May 17th, 1:00-3:00, leaving and returning to the Senior Center

We will be taking the COA van to Westford’s Market Basket to grocery shop. You will have about 1 hour to shop at Market Basket only. Please limit your purchases to what you can comfortably carry. Call the COA at least 2 days ahead to reserve a spot. Space is limited. Cost for the round trip is \$3. If you need a ride to the senior center, please call Judy in the mornings 8-11 up to 2 weeks in advance.



COA Senior Van runs Monday thru Friday, 8:00-4:00. The van runs until 3:45 pm in-town and 3:30 pm for out-of-town rides. The last ride in the morning is at 11:30 and the first ride after lunch is at 12:30. For a reservation call 978-929-6652 between **8:00-11:00** at least one day in advance. When you call please have the name, telephone number and address of your destination. One-way in town is \$1.00; one-way into Concord or Maynard is \$1.50.

MinuteVan Dial-a-Ride Shuttle Service runs Monday-Friday, 8:00-11:00 am and 3:00-8:00 pm. Rides must be scheduled at least 24 hours ahead by calling 978-844-6809 weekdays 8:30-10:30am. Rides are \$2 in town and \$4 out of town. Rides are anywhere in Acton and certain locations in Concord, Maynard and Boxboro.

LRTA Road Runner Van runs Monday through Friday, 8:00-3:30. In addition to rides in Acton, Concord and Maynard, on Fridays the Road Runner offers rides along Route 110 in Westford including Emerson Health Care Center and Market Basket. All rides must be scheduled at least 2 days ahead of time. You *must* be pre-registered with the LRTA. Forms are available at the COA or from the LRTA at 1-800-589-5782.

Lost and Found – Please check the living room and dining room coat racks if you are missing outer garments. We have quite a collection of lost items. If they are not claimed we will be donating them to the Salvation Army. We also collect smaller items like lost keys, jewelry and buttons. These items can be claimed in the COA Office by Judy’s desk.



Senior Center Art Exhibit

In May we welcome Acton-Boxborough students, grades K-12, in a representative show of art work produced in their classes this year. Please join us for a reception celebrating these talented young artists on **Friday, May 4th, 2:45-4:45** in the Senior Center.

COA Policy: Standards of Independence for Senior Center Participation

Our programs are designed for and targeted to people age sixty and older in the Town of Acton. Others may participate when the staff has been consulted. Please note the following standards of independence with respect to Senior Center attendance. If a participant cannot meet the required standards, staff is available to share resources and discuss options. The staff is committed to providing a welcoming atmosphere for as many community seniors as possible.

Participants at the Senior Center must:

1. Carry with them the name and telephone number of a person to contact in case of an emergency. If a participant experiences a medical problem while on the premises, it is expected that the participant will follow the recommendation of the Senior Center staff to seek appropriate medical attention.
2. Refrain from smoking, drinking alcohol or using illegal substances on the premises. Participants who are inebriated will be asked to leave immediately.
3. Take responsibility for their own personal care and be responsible for their own personal health and medical care. Senior Center staff cannot be responsible for providing assistance with personal care, medication, and other personal health and medical care.
4. Be reasonably oriented, capable of independent decision making, and capable of planning and attending to their own activities, e.g., transportation, lunch, financial transactions.

AROUND TOWN...AND BEYOND

Town of Acton Household Hazardous Waste Collection Day

Saturday, May 5th at the DPW Garage, 14 Forest Road, 9:00-11:30

A list of acceptable items (including medical waste) is available at the Health Department, Transfer Station, Acton Library and on the Town website. This collection is for residents only and proof of residency is required. There is a \$25 charge per unit to dispose of TVs and CRT's (computer monitors). Cash or checks made out to the Town of Acton will be accepted. Please contact the Acton Health Department at 978-929-6632 with questions.

Acton Recreation Department offers a senior beach rate for NARA. Those 65 or older may obtain a seasonal beach pass for \$25 per senior. NARA Beach will be opening Saturday, May 26th. Recreation has a bus trip scheduled for Saturday, May 19th to Foxwoods with a stop at Capt. Jack's Restaurant for a Lobsterbake, all for only \$65. Register by April 30th. For more call 978-929-6640 or register online at www.acton-ma.gov/register.

Water District's 100th Anniversary

Saturday, May 5, 10:00 - Panel Discussion at Library

12:00-3:00 - Open House with lunch provided at North Acton Water Treatment Plant, 960 North Main St. Tours of filtration facility, educational exhibits, raffle. More details at www.actonwater.com.

AARP and Emerson Hospital Offering CarFit – Free, interactive, educational program to improve older driver safety in their own vehicle. Drive-in event. No pre-registration. For more information call Kristen Keilty at 978-287-8244. ***Saturday, May 5th, 9:00-1:00*** at 57 ORNAC.

Acton Garden Club's Annual Plant Sale

Saturday, May 19th, 9:00-1:00 on the Acton Center Common

Green Acton Drop & Swap at Conant School

Saturday, May 5th, 9:00-12:00 to drop off items and ***9:00-2:00*** to pick up free donated times

Mt. Calvary Community Supper at 472 Massachusetts Ave.

Wednesdays, May 9th and 23rd, 5:00-6:00pm Free. Everyone welcome.

Mt. Calvary Lutheran Church Senior Lunch at 472 Massachusetts Ave.

Thursday, May 24th, 12:15 -1:30 Donation suggested. Call 978-263-5156.

AROUND TOWN...AND BEYOND - continued

Indian Hill Music, 36 King Street, Littleton. Visit www.indianhillmusic.org or 978-486-9524 for information.
Bach's Lunch Concert - Thursday, May 17th, 11:00 and 1:30, Free admission.

► **AB Regional High School Senior Class Community Service Raking Day**

Friday, April 27th, various times during the day (Call about the waitlist.)

If you'd like to make a donation for the raking you may send it to ABRHS (Community Service Fund); c/o Kay Steeves, 36 Charter Rd, Acton, MA.

Acton-Boxborough Community Education - Arnold Arboretum Trip with lunch at the Chateau

Wednesday, May 9th, 9:00-3:30, departs KMart lot. Cost is \$55. Call now to register at 978-266-2525.

COA Resource Shelves



The COA has a new resource area that we encourage you to take a look at. Along with a selection of entertainment videos, we have reading materials on a variety of health issues. Also available are DVDs of programs recorded for Acton Community Access TV: the six part Eastern Religions program, Otis the therapy dog and a Medicare insurance presentation. Stop by the office and check it out!



Writing Group sharing their life stories.



Singing along with the Cabaret Performance



Monthly Breakfast crew sets up the buffet.



Quilters working on their next project.

May	Mon	Tue	Wed	Thu	Fri	2012
	30	May 1 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor	2 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	3 8:30-9:30 Cardio 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class	4 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 12:15 Art in Bloom Trip 12:30-2:15 Movie 1:00-4:30 Poker 2:45-4:45 Art Reception	
7 8:30-9:30 Stretch/Flex 9:30-11:00 Basic Drawing - last 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Supreme Court Program 1:30-3:30 SHINE		8 8:15-11:30 Podiatry Clinic 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beginner Tai Chi 12:30-3:00 Board & Tile Games 1:30-3:00 Watercolor - last	9 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor 10:00-10:30 Balance Class 10:45-12:00 Yoga 11:45 Birthday Lunch 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	10 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 11:45 Mother's Day Lunch 1:00-2:00 Jazz Program	11 8:30-9:30 Cardio Flex 10:00-10:45 Zumba 10:00-11:30 Computer Club 1:00-4:30 Poker 1:00-2:30 Genealogy	
14 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Memoir Writing 1:30-3:30 SHINE 1:30 Friend of COA Meeting 3:45 COA Board Meeting		15 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 11:45 Robbins Brook Lunch 12:30-3:00 Board & Tile Games 1:00-2:00 Elder Law Talk	16 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	17 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 12:30-2:30 Haiku Class 12:30 Ice Cream Social 1:00-3:00 Van to Market Basket 2:00-3:00 Library Tour	18 8:30-9:30 Cardio Flex 9:00 Monthly Breakfast 9:30 Beekeeping Talk 10:00-10:45 Zumba 12:30-2:50 Movie 1:00-4:30 Poker	
21 8:30-9:30 Stretch/Flex 9:30-11:00 Drop-in Art 10:00-12:00 Drop-in Bridge 12:30-1:15 Walking at COA 1:00-2:00 Book Group Meeting 1:30-3:30 SHINE		22 8:30-9:30 Cardio Flex 9:30-11:30 Wellness Clinic/BP 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:30-3:00 Board & Tile Games 1:00-2:00 Card Making 1:00-3:00 Ask the Lawyer	23 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:00 Drop-in Pool 2:30-4:30 Drop-in Bridge	24 8:30-9:30 Cardio Flex 9:45-10:45 Stretch/Tone 11:00-12:00 Continuing Tai Chi 11:00-11:30 Balance Class 11:45 Town Employee Lunch 12:30-2:30 Haiku Class	25 8:30-9:30 Cardio Flex 10:00-11:30 Computer Club 10:00-10:45 Zumba 11:45 Lifecare Luncheon 12:30-2:30 Antiquing 1:00-4:30 Poker 3:00-4:30 Coping with Loss	
28 COA CLOSED		29 8:30-9:30 Cardio Flex 8:30 Newsletter Mailing 9:45-10:45 Stretch/Tone 11:00-12:00 Beg. Tai Chi 12:00-1:45 Vet Agent Appts. 12:30-3:00 Board & Tile Games 1:00-1:30 Taxes Online Talk	30 8:30-9:30 Cardio Flex 8:45 Walking Group at NARA 9:00 Berkshires Trip 9:00-10:30 Watercolor Class 10:00-10:30 Balance Class 10:45-12:00 Yoga 12:30-2:15 Yarn & Thread Ladies 1:30-3:00 Computer Club 2:30-4:30 Drop-in Bridge	31 8:30-9:30 Cardio 9:45-10:45 Stretch/Tone 11:00-12:00 Cont. Tai Chi 11:00-11:30 Balance Class 1:30-3:00 Volunteer Reception	June 1 8:30-9:30 Cardio Flex 12:30-2:15 Movie 1:00-4:30 Poker	

Consider Receiving Your Newsletter by Email

For every household using email to receive the newsletter, the COA saves about \$6.00 a year. For more information or to switch to the email list, call Judy at 978-929-6652 or email jpeters@acton-ma.gov. Thank you!

Sign Up and Sign In

Signing Up for classes and programs with an ► next to them is very important. We often have a minimum or maximum number of people allowed for an activity. If too few people sign up, the activity may be cancelled. Signing In for an activity is also very important. Much of our funding for programs and classes comes from the participation numbers we report to the state each year. We rely on the sign-in sheets to justify the funding we request. So please help us to best help you by Signing Up for activities in advance and Signing In when you're here. In addition, it is always helpful when you can't make it to an event you signed up for to let us know so we can offer your spot to someone if there is a waitlist.



Activities with this symbol are partially or fully funded by your donations to the Friends of the Acton COA.

The Friends of the COA

The Friends need new Board members... Please consider joining us in our work on behalf of Acton's seniors.

This non-profit group raises funds and provides financial assistance for both regular and special programs offered at the Senior Center.

Interested? For more information call Norma Wu, President at 978-263-3149 or join us at our next meeting on Monday, May 14th, 1:30 pm in the Senior Center dining room.

SENIOR CENTER CLINICS

in conjunction with the Acton Public Health Nursing Service

Podiatry Clinic: Tuesday, May 8th, 8:15-11:30 with Dr. Ayleen Gregorian

Offered by APHNS, includes evaluations and nail clipping not covered by insurance. The \$25 fee may be waived in cases of hardship. Appointments call 978-929-6650. *Funded by Friends of the Acton Nursing Service.*

Blood Pressure & Wellness Clinic: Tuesdays, May 8th and 22nd, 9:30-11:30

The Acton Public Health Nursing Service will have a Registered Nurse available to check blood pressure, pulse, weight, and discuss any medication, nutritional or health related questions. No appointment necessary.

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Acton Council on Aging
Town Hall, 472 Main Street
Acton, MA 01720
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ACTON COA STAFF

Sharon Mercurio, Director
Judy Peters, Assistant to the Director/Van Dispatcher
Chris Chirokas, Program Coordinator
Bev Hutchings, Outreach/Volunteer Coordinator
Mary Lou Repucci, Staff Assistant
Priscilla Cotter, Van Driver
Ron Paskavitz, Van Driver
Liz Jewell, Health and Wellness Coordinator

ACTON COA BOARD MEMBERS

Barbara Tallone, Chair	Jim Papachristos
Charlie Aaronson, Vice Chair	Sally Thompson
Stephen Baran	Paul Turner
Ann Corcoran	Barbara Willson
Pat Ellis	

Acton COA Board will meet on Monday, May 14th @ 3:45
Friends of the Acton COA will meet on Monday, May 14th @ 1:30